

DIAGNOSIS

Many different kinds of germs can cause diarrhea, so establishing the cause will help guide treatment. Determining that *Shigella* is the cause of the illness depends on laboratory tests that identify *Shigella* in the stools of an infected person.

TREATMENT

Currently, there is no vaccine to prevent shigellosis. Contact your doctor if you or a family member have symptoms of shigellosis. An antibiotic may be needed.

FOR MORE INFORMATION:

Please contact the Volusia County Health Department, Epidemiology Division at (386) 274-0651.



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Shigellosis:

**What you need to
know to protect
yourself and others**



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WHAT IS IT?

Shigellosis (dysentery) is an infectious disease caused by a bacteria called *Shigella*. Most cases occur in children under 10, but it can occur in all age groups. Illness starts within 1-7 days after contact with the bacteria.

Symptoms usually include:

- Diarrhea
- Fever
- Vomiting
- Cramps

Often bowel movements contain blood, mucus, or pus.

HOW IS IT SPREAD?

The *Shigella* germs are in the stool (bowel movement) of infected people and can be spread by:

- People who fail to wash hands thoroughly or clean under their fingernails after using the toilet or changing diapers
- Flies carrying the germ from infected bowel movement to food, water, or milk
- Food that has been handled by infected people

PREVENTION

- Good personal hygiene is the best preventative measure against shigellosis
- Wash hands with warm running water and soap for at least 20 seconds after each use of the toilet or after changing diapers
- All family members should use separate washcloths and towels
- Drinking cups and glasses should not be shared with others
- Properly dispose of dirty diapers or soiled underwear and wash hands thoroughly after handling them
- Avoid recreational water activities until symptoms are gone for at least 48 hours, especially for diapered children
- Control flies and their breeding areas



EMPLOYMENT

People diagnosed with shigellosis or close (household) contacts are required to discuss the situation with the Volusia County Health Department. This must be done prior to returning to work as a food handler or in personal care provider (such as in day care centers, nursing homes, hospitals).

CHILD CARE

Children with the disease or suspected of having it, should be excluded from school or daycare until asymptomatic for at least 48 hours.

HAND HYGIENE IS THE BEST PROTECTION FROM INFECTION!

